

Daily Routines to Help Your Toddler Talk More

Meal Time

What to Say:

- ☐ "More apple?"
- ☐ "Milk or Water?"
- ☐ "All done"

What to Do:

- ☐ Sit face-to-face
- ☐ Offer choices
- ☐ Repeat simple words

Bath Time

What to Say:

- ☐ "Wash arm."
- ☐ "Splash!"
- ☐ "All wet."

What to Do:

- ☐ Slow down
- ☐ Label actions
- ☐ Use the same words nightly

Play Time

What to Say:

- ☐ "Go!"
- ☐ "Uh oh!"
- ☐ "Open/Close"

What to Do:

- ☐ Follow your child's lead
- ☐ Repeat the same words
- ☐ Keep it fun

Daily Transitions

What to Say:

- ☐ "Shoes on."
- ☐ "Car go!"
- ☐ "Bye-bye house."

What to Do:

- ☐ Narrate your day
- ☐ Pause and wait
- ☐ Repeat phrases daily



Remember

- You don't need special activities to support your toddler's speech.
- The best language moments happen during your everyday routines.
- Gestures, pointing, sounds, and signs *all* count as communication!
- Your job is to model words, not force them.
- You're doing great!

